

# Are you at risk of developing diabetes?

## 1) Find out, take the test!



Take the Centers for Disease Control and Prevention's diabetes [risk test](#). Only seven questions, and no name or identifiable health plan information required. Results are anonymous and confidential.

## 2) Take action, enroll in the FREE Pulaski County course!

Beat prediabetes and earn up to 350 Vitality Points when you complete the national Diabetes Prevention Program (DPP)! Research proves the DPP can delay or reduce the risk of developing diabetes by 58 percent.

Your Kentucky Employees' Health Plan (KEHP) offers FREE enrollment in a DPP course. Visit [LivingWell.ky.gov](http://LivingWell.ky.gov) or call Anthem's personal health consultants at 1.844.402.KEHP (5347) to learn more or enroll in a course in Pulaski County.

## Did you know?

9 out of 10 people with prediabetes don't even know they have it.

In 2013, among the 225,681 adults covered by KEHP, 11% (24,825) have been diagnosed with diabetes

73,000 non-traumatic lower-limb amputations were performed in adults with diagnosed diabetes in 2010.

Diabetes can lead to vision loss and kidney failure.

Diabetes was the seventh leading cause of death in the United States in 2010.



Questions?  
[Contact Us](#)



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